

Platform Women's Division - M A A A
Girls in Service for Love & Honor

Goals & Objectives - Girls

1. More trained women leaders
2. More team & individual participation
3. Act adopted to girls structure & function
also public opinion.
4. More informal play & competition - low
championships & records.
5. More facilities in our locality - public
6. Better publicity & improved pub. opinion
7. Preventing exploitation of girls

Registration of Internationals Act -

1. Registration of girls
2. Open school, open at 4:00 pm
3. Registration of teams within specified class
of play - 15 & 16 years
4. Selection of girls into teams
5. Voluntary - ability don't represent spec unit

How to Study.

Effective study: quality & quantity.

1. Acquisition of information and knowledge
- Experimenting -
2. Develop many techniques or abilities.
3. Seeing the goal toward which one works.

Necessities.

1. Effort - focus attention & direct energy.
2. Satisfaction.
3. Practising persistently. (Drill)

1. Clear cut purpose *

Reading & lectures & class discussion = learning. Acquired knowledge from essays, experimentation.

Skills not always active.

Skill in taking notes. Written or oral expression. Be discriminating. Perceive accurately. Evaluating. Organize materials. Thinking creatively. Technique of solving problems.

Note Taking:

Purpose - Reference. Condensed form.

After - mental process. Concentration.

Aid to Memory -

Reviewing.

Chance to organize whole course of study.

Preparation for themes, etc.

Professional growth in writing.

Good notes:

Brief & to the point.

Abbreviations.

Neat.

As some subp. more detail than others.

Won't take down stories.

Well organized.

Understandable.

Emphatic things.

Well spaced.

One topic on one page.

Loose leaf or cards. (flexible.)

Space for personal comments.

Annotated.

Summary. 2nd form of note-taking.

Heart Quotation 3rd

Bibliographical - 4th - comprise author, title, Name of Publisher & Place.

Date of publication - No. of pgs. & price.

Brief summary on card & own estimate & why.

Marginal lines in text books.

Conditions for Effective Study.

1. General environment. - Arrange place for heart and of distraction.

(A) Noise - not helpful.

(B) St. traffic & regular noise.

(C) Cluttered room.

(D) Air.

(E) Temperature. Moisture is possible. 68°

(F) Noise & sufficiently warm

2. Personal adjustments

(A) Habitual S

Felt work.
Soap Carving.
Fancy Knitting.

Soap Carving - Ivory Booklet by company for suggestions
Not pick handy.

Painting silhouettes on glass - Make paint stick
on glass. If glass painted with
alcohol before first prevents brush marks.
If "perfection" stressed - tremendous results.
Enamel paint - sometimes oil. Painting
on celluloid. Cork place ~~of~~ mats.
Vergons - passepartout for decorating
outside of pictures. Sticky on one side.

Wood Work - Buttons - Saw + little sand
paper. Drill to make holes.
Button molds - paint on them. Sometimes
used for dresses - fill hole with piece
of material of dress make knot + sew to dress.
Pole poles. Reeves - for. Catons carry them
for naphin rings.

Pottery - Clay - Glazed with kiln

Necklaces etc from bottle tops.

Raffia - 50-150 lb. Work with raffia mat.
Red used. Boxes for basketry cheap.
Wardon beads odd.

Macramé knitting - Stiff string. Put on nails.
Various colours add to work.
Make loop over belt buckle

Beads - Dry & paint. Thread if desired.

Weaving - Can be beautiful. Scarfs made for
skiing. Room helpful. Inexpensive.
"Lined of All Arts" Box 46 Blois W. Tor.
They will give info. Belts.

Knitting - Crocheting, narrowing, etc.

Shells - Costume jewellery. Paint them & glue.
Pretty designs.

Pine Cones - Place cards - decorations, etc.

^{Can}
Ten Craft - Spattered prints. Take newspaper
& spread around. Flatten or leaves on
piece of plain paper. Size & shape
of finished picture. Use poster paint.
Practically like water. Use old tooth
brush & put in paint & splatter over
design. After size is used to give
better pattern. More than one working
to-gether.

Book Ends - Plaster ^{of Paris} - Use past hand & part
of wrist.

Slapantines - Coasters or dishes. Use various colours.
The Chalice.

Q75 Gather clippings & collections.

Dynamic Capacity of tissues increased
Also increased ability to buffer lactic acid

Physical T. leads to :- (in other body)

1. Lower respiratory rate - more efficiently.
2. Increased vital capacity - can hold in
more O_2 cells - not breathing so quickly.

3. Given task requires less work

4. Because of reserve wider margin of
safety.

5. Greater O_2 ^{carrying} capacity of red b. cells - more
lactic acid accumulating in tissues.

6. Slower pulse rate - slower but output of
heart greater - also margin of safety.

7. Quicker return to normal - Heart & lungs

Co-ordination of the 2 systems.

Stiffness - Muscles.

Fatigue products build up in muscle fibres.
On stopping at hand then muscles have to get rid of
these - blood vessels are dilated & now they
constrict. Whole process takes time & some is

actually a fibre in

When stiff - the same thing but not too
strenuous - then stimulates blood supply.

4. Intestines & carried away - Heart can
also do this.

Training - For much becomes state - con-
sistently & physical stand still

Training - gradual

Warming Up. - Improves General Circulation &
that removes danger of early contraction &
cramps - Slowly & gradually these happen
Slight rise in Temp.

The lowest changes take place before at
body temp

1. Digestion better

2. Temp not so changed.

3. Circulation speeds up.

4. Nervous System

5. Digestion better after Warming Up.

6. Circulation - Temp

Leading limb according to strain on circulatory
system - Bored up etc.

Endurance - almost all physical act.

That encourages speed - speed - speed - speed
up to limit - speed - speed - speed - speed

Energy - waste of energy - class

Speed - most undesirable -

Speed - high ant. of co-ordination. Body & mind

Attention - Fatigue after 15 or 20 min

Training has own place. No one should be
trained. Should be trained.

Age

Sex.

Occupation of Individual.

BRANDSOME HALL

PHYSICAL EDUCATION

REVIEW

Varsity Arena
Tuesday Evening, April 29
1941

Under the direction of
MISS BETTY GUNSAULUS
MISS LEE EVANS

PROGRAM

It has been our custom for a number of years to present a Review of the work of our Physical Training Department. This is not a Display or a Demonstration of our best work, by a chosen few, but simply an Annual Review of the work of the Department, every girl taking part in as many numbers as possible.

1. GRAND MARCH The School
School Song
2. GYMNASTICS Junior I
3. OXEDANSEN Forms I & II
4. GYMNASTICS Junior II
5. THE WARRIORS Forms III & IV
6. GYMNASTICS Intermediate
Senior III
Junior IV

PERFORMERS

7. VAULTING Special Group
8. OLD MAC Special Group
9. CLAN GAMES
MacGregor Douglas
Macalpine Stewart
McLean Campbell
McLeod Ross
10. ENGLISH COUNTRY DANCING
Forms V & Specials
11. FUNDAMENTAL GYMNASTICS Senior School
12. SQUARE DANCING House Girls
13. FINALE The School
God Save The King

